Metropolitan Offices
1441 Drummond Street
Telephone 849-5331

Montréal Communiqué

April 24, 1969.

THE HIGH COST OF INDOLENCE: Recent experiments in DOWNTOWN YMCA demonstrated that physically inactive adults--especially those in sedentary occupations--are flirting with serious trouble. Using the Branch's fitness-testing clinic as the arena, the tests pitted men who were not taking part in planned physical activities against others who have been involved in Y programs for from 3 to 12 months.

Participants in the demonstration did not physically compete against each other. Instead, special equipment was used to measure and compare responses of hearts and blood vessels, lung efficiency and excess fat--the key elements of endurance and physical capacity to work, play and recover from extra-ordinary stress.

Findings indicate the non-Y testees had been needlessly squandering years of youthful vitality and permitting their resistance to cardiovascular breakdown to deteriorate prematurely. But comparisons also indicate that the adverse effects of inactivity are almost always reversible, and in a relatively short time.

Results for the Y volunteers show that cardiovascular efficiency can be improved by some 35% in three months and 70%-75% in one year. Further comparisons emphasize that--even in the shorter period--surplus fat can be significantly reduced and plumonary efficiency increased markedly.

Y MARATHONERS COMPLETE THE DISTANCE: Spectators and competitors overflowed the starting line. The density of the crush made it difficult to single out individual runners. All that could be established for sure was that six Montreal YMCA standard bearers started and finished the Boston Marathon.

From DOWNTOWN BRANCH, there were Jean Forest, 57, Terry Hendershot, 31, George Howell, 43, Joe Huza, 43, and Peter Van Dan Dungen, 23. NDG-Y's colors were carried by Lawrence Irany, 39. Messrs. Huza, Irany and Van Dan Dungen finished the more than 26-mile long course in under four hours.

CAMP COUNSELLORS NEEDED: Kamp Kanawana still has a limited number of openings for male counsellors over 18 years of age.

...../.....

For further information please contact Geoff Anderson at 849-5331 local 743. A flood of applications for the Girl's Section are still being processed. Pre-registration for the upcoming summer is to date some 15% ahead of last year.

This summer, for the first time, Kanawana will also offer an immersion style "Living-in-French" experience for boys age 12-16. Instead of classrooms, it will take advantage of woodlands, lakes, playing fields and hobby shops to whet the boys appetites for learning. There will also be some time reserved each day for more formal study.

BIG-TIME OPERATION: Did you know that the YMCA is the biggest hotel operator in North America. In Montreal alone, the 12-storey residence has 500 rooms, ranging from economy accommodations to $10-a-day executive suites.

NDG-Y LADIES IN THE NEWS: Miss Hannah Archibald, a member of NDG-Y's Board, walked away with top honours in the Ladies "B" Singles Division of the Lakeshore Badminton Tournament. She then teamed up with runner-up Ann Donovan, the Branch's Ladies & Girls Phys. Ed. Director, to sweep the Doubles.

Participants in NDG's Ladies Fitness program also attracted attention with their March Marathon. They logged a total of more than 1,100 miles and, collectively, shed 153 pounds.

DETACHED WORK SEMINAR: A 12-man contingent will participate in a Detached Work Consultation in Kingston, Ont. on April 28-29. The Federal Government will be represented by Don McCombe, Chief, Correctional Consultation Centre.

PEOPLE ON THE MOVE: Ross Seaman of METRO's Program & Field staff now on a special one-month World Service assignment in Guyana. Colleague Ray Rouse and wife there also, but on vacation...Ray's absence is probably a lucky break for his Girl Friday, Shelagh Johnson. She is getting over an ankle injury received during a run-in with a bicycle, and hopes to get rid of her crutches before returning for a two-week visit to her native England.

SHORT TAKES: Lois and Harley Smith (he's with WEST ISLAND Y) are doing their bit for the population explosion. Their first child, a boy, was born March 30...Former Montreal Y staffer Terry Forth married recently in Churchill, Man., to the former Mehrun Nathoo, a native of Karachi, India. Terry works out of Churchill for the Department of Indian Affairs and Northern Development. His bride is a nurse in that region.

For further information please contact: Bill Sher,
Public Relations
Director,
(514) 849-5331 Loc. 742.